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https://www.youtube.com/watch?v=Jr5wT3CFwmk&index=10&list=PL8293EAE23965EC54

http://omshivam.wordpress.com/ayurveda-knowlwdge-of-life/surya-namaskar/surya-ashtakam/

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Bhāskara, Ādideva (the primodial Lord), bless me! prostration unto thou, O Divākara (The deity responsible for the creation of Day), O Prabhākara(the deity responsible for ushering light unto the world), prostrations unto to thou.

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The Sun God (Sūrya) seated on a chariot drawn by seven horses, the resplendent one, the son of Kaśyapa, holding a lotus in the hand, unto Him I prostrate.

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Seated on a red chariot, the father of the whole world, the annihilator of deadly sins, unto him I prostrate.

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The one who assumes the form of Sattva, Rajas and Tamas, and also the form(s) of Brahmā, ViṢṇu and Maheśvara, the great warrior, remover of deadly sins, unto that Sun God, I prostrate.

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The Omni-present and luminous Lord of the whole Universe, unto that Sun God, I prostrate.

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Sūryadeva of red complexion like that of the Bandhūka tree, adorning a garland around His neck, Earrings on his ear, holding the divine discus (cakra) in the shape of time, unto Him, I prostrate.

तं सूर्यं लोककर्तारं महा तेजः प्रदीपनम् ।
महापाप हरं देवं तं सूर्यं प्रणमाम्यहम् ॥७॥

The supreme ruler of all the worlds, the administrator, of all deadly sins,
unto that Sun God I prostrate.

तं सूर्यं जगतां नाथं ज्ञानप्रकाशमोक्षदम् ।
महापापहरं देवं तं सूर्यं प्रणमाम्यहम् ॥८॥

I prostrate the Lord of The world, the bestower of liberation through the
effulgent rays of knowledge and the destroyer of great sins.

सूर्याष्टकं पठेन्नित्यं ग्रहपीडा प्रणाशनम् ।
अपुत्रो लभते पुत्रं दारिद्रो धनवान् भवेत् ॥९॥

Through the daily recitation of (this) Sūryāṣṭakaṁ the problems caused due to graha-pīḍā (problems caused by planetary movements) are rent assunder, he without sons will beget progeny, and the poor become
abundant with wealth.

अमिषं मधुपानं च यः करोति रवेर्दिने ।
सप्तजन्मभवेत् रोगि जन्म जन्म दरिद्रता ॥१०॥

He who consumes meat, intoxicating drink(s), on Sunday (the day of the Sun God), will be born plagued with diseases in seven births, and remain
pauper throught his births, present and future.

स्त्रीतैलमधुमांसानि ये त्यजन्ति रवेर्दिने ।
न व्याधि शोक दारिद्र्यं सूर्य लोकं च गच्छति ॥११॥

He who ceases from intimate company of women, oil bath, meat, honey on Sunday, will not be affected by miseries caused due to diseases,
worries or poverty and shall live happily; at the end He will depart
(directly) to Sūryaloka – the abode of Lord Sūrya.

॥इति श्रीसूर्याष्टकम्॥